



WHATSheATE



HEALTH SCORE

54%

Curried Carrot and Mussel Soup



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 tablespoons butter



1.3 pounds carrots cut into 1/4-inch slices



1 quart chicken broth low-sodium homemade canned



1 tablespoon curry powder



1 cup cooking wine dry white



6 pounds mussels scrubbed



2 onions cut into thin slices



1.3 teaspoons salt

☐ 2 cups water

Equipment

☐ food processor

☐ pot

☐ blender

Directions

☐ In a large pot, melt the butter over moderately low heat.

☐ Add the onions and carrots; cook, stirring occasionally, until the onions are translucent, about 5 minutes.

☐ Add the curry powder and cook, stirring, for 1 minute.

☐ Add the broth and water. Bring to a boil. Reduce the heat; simmer until the carrots are tender, about 10 minutes.

☐ Discard any mussels that are broken or do not clamp shut when tapped.

☐ Put the wine and the mussels in a large stainless-steel pot. Cover and bring to a boil. Cook, shaking the pot occasionally, just until the mussels open, about 3 minutes.

☐ Remove the open mussels. Continue to boil, uncovering the pot as necessary to remove the mussels as soon as their shells open. Discard any that do not open. When the mussels are cool enough to handle, remove all but twelve of them from their shells, holding them over the pot to catch all the juices.

☐ Puree half of the carrot mixture in a blender or food processor. Return the puree to the soup pot and stir in the salt. Carefully pour the mussel-cooking liquid into the soup, leaving any grit in the bottom of the pot.

☐ Add the shelled mussels to the soup and cook over low heat just until warmed through, about 1 minute.

☐ Serve the soup topped with the reserved mussels in their shells.

☐ Wine Recommendation: The perfect choice with curry spices is a refreshing acidic white wine. Try a bottle of the classic shellfish wine, Muscadet de Svre-et-Maine from the Loire Valley in France.

Nutrition Facts



 **PROTEIN 36.4%**  **FAT 35.86%**  **CARBS 27.74%**

Properties

Glycemic Index:48.46, Glycemic Load:12.29, Inflammation Score:-10, Nutrition Score:48.330434799194%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 570.84kcal (28.54%), Fat: 21.15g (32.54%), Saturated Fat: 9.2g (57.48%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 31.4g (11.42%), Sugar: 9.98g (11.09%), Cholesterol: 127.26mg (42.42%), Sodium: 1989.82mg (86.51%), Alcohol: 6.18g (100%), Alcohol %: 0.8% (100%), Protein: 48.3g (96.6%), Vitamin B12: 41.9µg (698.34%), Manganese: 12.21mg (610.4%), Vitamin A: 24601.3IU (492.03%), Selenium: 156.33µg (223.33%), Iron: 15.36mg (85.33%), Phosphorus: 839.52mg (83.95%), Potassium: 1917.01mg (54.77%), Vitamin B2: 0.91mg (53.81%), Vitamin B3: 10.37mg (51.87%), Vitamin C: 40.36mg (48.93%), Folate: 186.45µg (46.61%), Vitamin B1: 0.68mg (45.44%), Zinc: 6.38mg (42.54%), Magnesium: 154.15mg (38.54%), Copper: 0.57mg (28.31%), Vitamin B6: 0.51mg (25.32%), Vitamin E: 3.51mg (23.4%), Vitamin B5: 2.23mg (22.32%), Fiber: 5.4g (21.61%), Vitamin K: 21.99µg (20.95%), Calcium: 179.04mg (17.9%)